

**Abstract**

The present invention relates to an exercise band made of a flexible, elastic material for strengthening musculature, ligaments and tendons of the locomotor system, which is used especially in medical treatment. The exercise band of the present invention comprises at least one thermoplastic elastomeric material and is characterized in that it is composed of at least two layers of different materials and/or that it comprises at least one thermoplastic elastomeric material (a) and a further material (b) which is different from the thermoplastic elastomer and/or it has on at least one side depressions in the form of channels along the longitudinal direction of the band.